



Why Does My Hand Hurt? Common Causes of Hand & Wrist Pain

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Common Causes of Hand and Wrist Pain



Tendonitis

Numbness
and
Tingling

Arthritis

Tendonitis of the Hand and Wrist

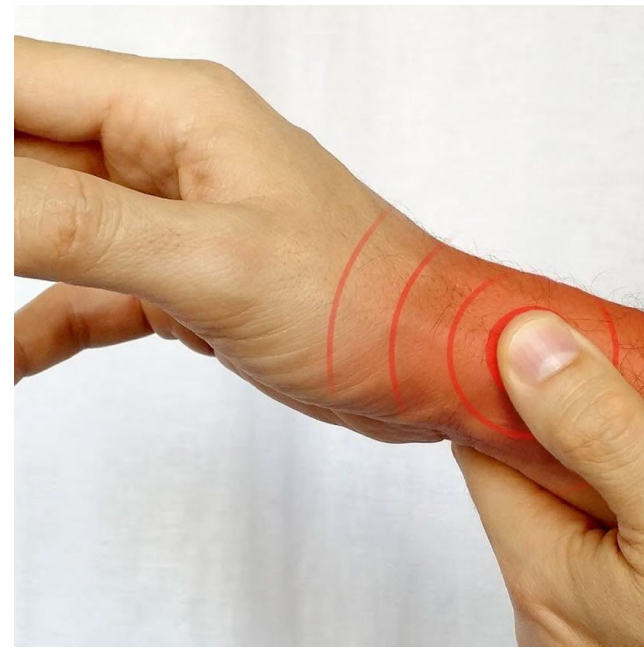
Tendinitis of the wrist

Why does it occur?

- Overuse/ Repetitive activities such as:
 - New parents picking up a baby
 - Kayaking/ rowing
 - Tennis/pickleball

What will I notice?

- Pain or swelling at the wrist
- Pain with lifting



Tendinitis of the Wrist

What can I do to treat the pain?

- Rest
- Icing
- Topical / oral Anti-inflammatory
- Bracing



When should I see a specialist?

- The pain doesn't get better with the above
- Having trouble lifting/ using the wrist



Trigger Finger

Why does it occur?

- Can happen with repetitive/tight gripping
 - Gardening or weeding
 - Paddle boarding

What will I notice

- Pain in finger when moving
- Pain with gripping
- Finger catches/ clicks with bending



Trigger Finger

What can I do to treat the pain?

- Rest
- Anti-inflammatory medications
- Try a finger splint sleeping

When should I see a specialist?

- If the pain worsens
- Starts to get stuck/ can't open the finger



Numbness and Tingling



Carpal Tunnel Syndrome

Why does it occur?

- Repetitive or increased activity
 - Using vibrating tools like lawnmowers/hedge trimmers
 - Prolonged gripping during bike rides
- Heat and inflammation



What will I notice?

- Numbness or tingling in the thumb, index, middle finger
- Wakes up at night to shake out hands



Carpal Tunnel Syndrome

What can I do to treat the pain?

- Rest, decreasing activities which cause numbness/tingling
- Anti-inflammatory medications
- Try a splint while sleeping

When should I see a specialist?

- Numbness/tingling gets worse or becomes constant
- Hand starts to feel weak
- Wakes you up from sleep



Hand Arthritis



Thumb Arthritis

Why does it occur?

- Increased activities in summer
 - Summer hobbies
 - Gardening

What will I notice?

- Stiffness/ swelling in the base of the thumb
- Aching pain
- Weak grip



Thumb Arthritis - Flare Up

How can I prevent this?

- Supportive braces
- Ice after strenuous activities
- Pacing, taking breaks

When should I see a specialist?

- The pain doesn't get better with above
- Weak grip
- Inability to hold a cup or use hand for daily activities



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MetroHealth Orthopedics
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<https://www.metrohealth.org/orthopedics/>

Any Questions?





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